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Health

A Journal Devoted to Healthful Living

Edited By Dr. U. Rama Rau & U. Krishna Rau, M.B.B.S.

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EDITORIAL

Winter Ailments

The Common Cold

GRIM winter has set in and every one is complaining of cold, cough, sore throat and general uneasiness and rushing to the doctor for remedy. Cold is the commonest ailment, which human flesh is heir to and no age or territorial zone is exempt from the ravages of this complaint. Hence, the appellation 'common cold' given to it. It also goes by the name of 'ubiquitous cold' on account of its prevalence all over the world, as much in the frigid and temperate regions as in the torrid. But still there is some difference in degree, cold countries suffering more acutely than warm countries. Though winter is the season of choice for cold, summer months, even in the tropics, cannot be said to be free from its onslaught. The cause of cold is very simple, in fact, there can be no human cause whatsoever. The humidity of the atmosphere and the sudden variations of temperature have a good deal to do with cold. But there are also other causes *viz.*, (1) inhalation of any foreign particles, such as dust, sand, coal-dust, stone-dust &c., (2) any irritating gases and (3) extremes of heat or cold. The general symptoms of cold are (*a*) slight heaviness in the head and the nostrils (*b*) a discharge of a thin serous fluid from the nasal passages—a condition which the individual finds very unpleasant and sometimes very distressing necessitating a too frequent application of the handkerchief to the nose. (*c*) lachrymation and pain in the throat (*d*) parched mouth caused by mouth-breathing rendered inevitable on account of the blocking of the nostrils from congestive swelling of the mucous membrane (*e*) a bad frontal or fronto-

temporal headache and (*f*) tenderness about the teeth of the upper jaw.

This '*common cold in the head*' as it is generally described may clear off in 4 or 5 day's time and the eyes, nose and throat will then be restored to their normal condition. But, there are some vagaries of cold which will have to be borne in mind. One of those vagaries is an attack of *cold in the chest*, where there is a rise of temperature, pain in the chest, a troublesome cough and spitting of dark blood, not to mention other discomforts common to colds. The respiratory organs—the lungs—get affected here and the condition will get rather serious, if not attended to early. Another vagary of cold is one that has its origin in the gastro-intestinal tracts—*cold in the abdomen*, as they call it. Constipation is the chief causative factor here. This cold sets up diarrhœa and vomiting. This variety affects mostly children and old people, adults rarely suffering from it. The effects may last a week or ten days and with careful regulation of the child's feed may disappear without any medicinal treatment.

A case of cold must be nipped in the bud and medical advice should be sought for at once. But, it must be remembered that 'cold' is infectious and unless the patient is scrupulously careful about his nasal discharge, he is likely to infect a lot of people with whom he may come in contact. His whole family, his kith and kin and his intimate friends and comrades may be the victims of his folly. Personal cleanliness and isolation in a dry, airy, well-ventilated room, with simple nourishing diet and light exercise will not only free him from the cursed cold but also prevent others from catching it. Heaps of clothing and the shutting out of air from our bed rooms during winter do not protect us from colds; on the contrary, they cause and intensify cold. Hydrotherapy is said to be the best remedy for cold but unfortunately, water is the one thing that is most dreaded by sufferers from cold. According to our ancient Hindu custom, during the 3 months, October, November, and December, when there is heavy rain and dense snow-fall, an early morning cold bath is specially ordained. This was really meant to ward off cold and was based on the modern scientific principle, wherein water plays a prominent part not only in curing but also in preventing colds.

Dr. Macleod Yearsley of Harley Street, London, in a letter to the Lancet (October 13, 1934) on the subject of "The Ubiquitous Cold" makes the following observations which are worthy of notice by the readers of 'Health'. He says:—"We know the nature, the bacteriology, and the prevention of the common cold, but where we fail is in impressing upon that public which is always clamouring for a panacea and gibing at the doctor because he cannot "cure" a cold, that the evil is in itself and not in the physician. One might well paraphrase Cassius and say:—

> The fault, dear Public, is not in our art,
> But in yourselves.

How many members of the public ever think of secluding themselves during the acute stage of a cold and so preventing the infection of others? They go about in trains, buses, trams, and places of amusement distributing

droplet infections with a prodigality worthy of a better cause. They send their children to school heavy with infection to mow down their school-fellows. Even masters will not scruple to infect their classes. Last year, at the request of the head-master of one of our greatest schools, I gave an address at a parents' meeting upon colds, and I spoke very plainly. But I seem to have made no impression, for this term sees a large percentage of the boys distributing the mixture (of infection) as before, and when it is remembered that one boy can infect a whole class room during one period of half an hour, one realises the crass foolishness doctors have to fight.

I suppose that a headmaster who dared to issue a notice that any boy sent to school in the acute stage of a cold would be sent home at once would be in the nature of a hero, but he might find himself a martyr. The public must be made to take precautions before anything, and incidentally, the hundreds of nostrums sold by chemists as "Sure preventive" should be severely dealt with. To those who would argue that my contention that the public is at the root of the evil will not "stop" the original first cold, I would answer that the individual cold may not always be preventable, but we could at least abolish mass-production."

OBITER DICTUM

"*If a man does not make new acquaintances as he advances through life, he will soon find himself left alone. A man, should keep his friendships in constant repair*".

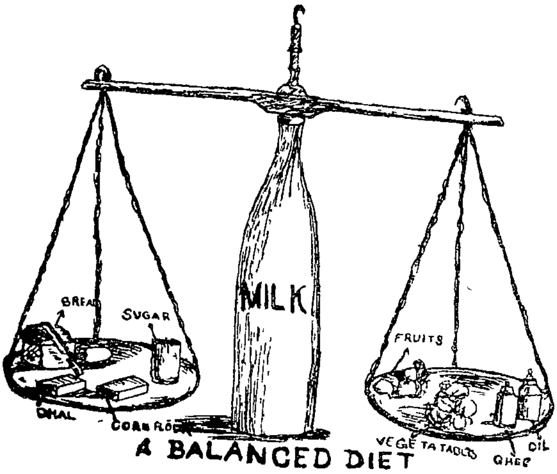
Eating for Health

By

Dr. T. P. Sundaram, L.M.S.,

Adyar.

In these days when we hear about so many diseases, the methods of their diagnosis and elaborate treatment, we are apt to forget the fundamental principles of diet in relation to health. Man, in spite of his being the most rational of all living beings is the one who suffers most from bodily disorders. He has taught himself to live upon a diet made as artificial as the decoration



of his body. The more civilised he conceives himself to be, the farther away is he from nature. The medical man is no exception to this. The more he learns about diseases, their causation and remedy, the more he forgets to get at their prime source, to have recourse to natural methods of treament and to look forward and engage himself in solving some of the difficult but far more humane problems of prevention of diseases. No doubt, as at present, cure and prevention can only go hand in hand. Fortunately, we are coming to realise more and more about the

importance of dietetic treatment in some ailments and we may reasonably expect a time when they can be prevented by systematised diet. Till then, the physician will have to practise the art of prevention no less than the art of healing.

Fasting for health is no new discovery. It has been the practice of our ancients from time immemorial and even today the wisdom and efficiency of that traditional custom of our forefathers remain in all its pristine glory. In the animal kingdom we find that guided by a natural instinct the animals are able to choose or discard their food according to their physical needs. But for man the greatest drawback is the absence of this natural instinct and his possession of a higher centre to the careful cultivation of which depends the pleasure of his existence. We need only to look into the numberless manifestations of lower lives to draw our conclusions from, regarding the physical needs of our body.

Before I go further, I feel it a necessity to devote a paragraph to the evils of overeating. Overeating is incompatible with true health. Leaving apart other external requirements as cleanliness, fresh air, sunlight etc., the proper internal combustion of the human engine is a vital factor to be recognised. As food is the source of energy, it has to be supplied according to the needs of the body. Just as excessive fuel chokes a burning furnace, excessive food can only be partially combusted. Small quantities of food not only adequately supply the energy needed but are completely burnt leaving only the ashes. It is the incompletely combusted material that clogs the human machinery. Eating is said to be improper when the process of mastication is not done thoroughly. Only by thorough mastication can the food be completely exposed to the influence of the various digestive juices. The very act of chewing reflexly stimulates the digestive organs to pour forth their secretions into the digestive canal so that when the food passes through it, it is readily acted on by the secretions. Only when the food is in a finely divided form is maximum assimilation and utility possible.

Want of appetite, acid eructations, stomach aches, intestinal colic, constipation, diarrhœa, fever can all find a ready explanation in faulty eating. There is no food from which you cannot draw its maximum nutriment provided it is thoroughly masticated. I would rather stress on you the importance of efficient mastication than detail to you an elaborate and fastidious dietary.

People who eat much, in trying to please their palate forget the most elementary principle of healthy living. It is no wonder then to see such people with huge bellies loaded with unwanted fat at a time when they should be brisk and agile. The sin of overeating can be atoned for only by making a discrimination between what your body really needs and your mind desires,

> " To be easy all night,
> Let your supper be light;
> Or else you will complain
> Of a stomach in pain "

said a poet, and it is worth while remembering this stanza for its simplicity and the truth it conveys.

Several minor ailments are due to overeating, incorrect diet and want of resting and cleaning the alimentary tract. It is wonderful how many of them yield to a course of graduated fasting. The results have been very satisfactory and several nature cure specialists extol its advantages as a therapeutic measure to be adopted in all ailments. It is high time that we educate ourselves to keep up a standard in the matter of diet and to scrupulously avoid excesses however tempting the dish may be. To eat food of the best quality and to the limit of greatest comfort should be one of the guiding principles in life. Mistakes are bound to occur in the choice and the quantity of our diet but we have 'fasting' as a corrective to lean upon. Even after the choice has been made and the quantity determined, it is worth our while to fast at least once in a fortnight. To the man who has allowed these principles to go by and who as a result suffers from disease has to pay his penalty by taking more frequent fastings and regulation of diet.

Instances are not wanting where even severe diseases have been cured by the regulation of diet and a correction of the system by fast. Eminent nature cure specialists have cured in this way early cases of diabetes, gastric ulcer, appendicitis, blood poisoning, anæmias, fevers and extreme nervous debility. Nobody can deny the fact that our digestive system is responsible for most of our suffering. It was that eminent surgeon Sir Arbothnot Lane who suggested first that chronic constipation is a causative factor in the production of rectal cancer and if we treat all cases of constipation on the above principles we might be taking a great step towards the prevention of one aspect of that scourge-cancer.

We have a great man today in the person of Mahatma Gandhi who has been experimenting on fasting and diet for a number of years and with some splendid results. We have such enthusiasts all over the world and they have strewn the golden grains of their experience for us to pick up and aid us in our path towards perfection. It is up to one and all of us to take up this subject and add our experience to it though we may not reap the benefit in our own time. I am conscious of having only just grazed at the surface of this wide subject but I shall feel more than satisfied if I have created an interest amongst my readers, for, this subject is well worth our study.

A MAN OF IRON

"*Napoleon Buonaparte possessed a wonderful constitution in the early part of his life. He was not infrequently called a man of iron, or of steel, or, sometimes, of granite. But, whatever they liken him to, it is certain that he had extraordinary powers of endurance. However, by failing to masticate the food he placed into his mouth, he undermined that constitution and clouded his great intellect so that his enemies triumphed at last*".—HEALTH FOR ALL.

Civilisation and City life

By

U. VENKATA RAO,

Medical Practitioner, 'Sudarsana', Madras.

CIVILISATION is responsible for the many complaints which were unknown to our ancestors and to those who dwell in villages and jungles known as the savage tribes. The three great draw backs of the city dwellers are (1) the food is too soft (2) proper exercise cannot be obtained (3) insufficient water (plain water) is taken. As a result of these the liver becomes torpid and inactive and the work of the body becomes irregular. Habitual constipation, dull headache, backache and dyspepsia are the worst consequences. This bane of civilisation affects the strong and the weak, the healthy and the ailing, the active as well as the inactive. Some of the other contributory causes of indifferent health in city life are sleep—disturbed and troubled, alcohol, tobacco, monotony etc.,

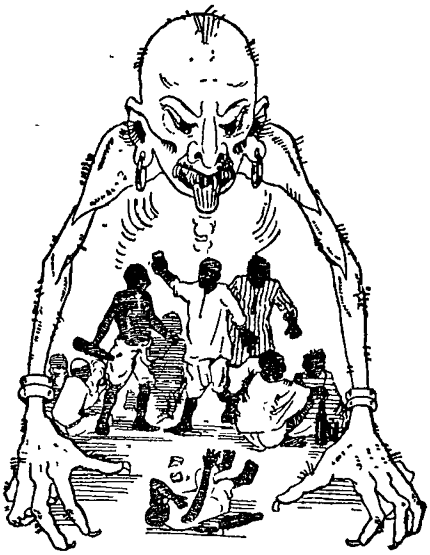
Sleep.—Sleep is an absolute necessity. Loss of sleep produced many nervous ailments in the last great war. Sleep is a physiological necessity as it is known that the brain cells only recuperate during sleep and if this is not properly looked into, a nervous breakdown may be precipitated. It has been proved experimentally that dogs die sooner from loss of sleep than from starvation. The whole of the brain cells show a tendency to dissolution, decay and death when there has been continuous loss of sleep. It is therefore advisable not to study or read before retiring to bed especially if there is a tendency to recapitulate what is read or an effort of will to memorise. Everyone should secure two hours sleep before midnight which is often the deepest and this is lost if retiring is delayed. Now you can imagine the state of the city dweller's life. He is often a tenant in an ill-ventilated dwelling house. He is often tempted and even persuaded by his friends to attend dramas, cinemas temple processions, cards playing etc., which extends past midnight. Even if he retires to bed early his sleep is often disturbed by the various noises in the street as the hooting of the horns of passing motor cars, music of the dramas and of temple processions and the sound of crackers, or the harsh cries of the vendors of ice creams, coffee etc., at or about the midnight or by the cries of the babies and the sick of his or his tenants and often by the street quarrels of the rikshaw-wallahs and the drunkards.

Alcohol.—The tendency of modern men is to go in for this sedative when fatigued. The presence of bars and refreshment rooms, the associates and the tiresomeness after the day's labour induce one to fall an easy victim especially in cities. Those who desire to live in good health must be careful to avoid it as far as possible.

Tobacco.—This is extensively used to soothe a tired mind and body. Both

chewing and smoking are bad habits very easily and early acquired in cities through associates and sometimes as invitation and social offerings. Remember tobacco has an alkaloid which is a poison. Over-smoking affects the heart. Very many old smokers give up the habit in later years on account of the heart trouble established already and in increased high blood pressure. Cigarette smoking causes mild bronchial catarrh, upsets the digestion producing anaemia and breathlessness as the smoke infected saliva is swallowed. Now-a-days it is no good telling people to give up the habit. They would not do it. Once the habit is formed it is considered as a necessary luxury adding to his comforts. When hungry and tired before meals or after heavy work, nothing restores a man as tobacco. Of all the forms of using tobacco whether by chewing, snuffing or smoking, smoking through a pipe is the least harmful.

Water drinking.--The presence of numerous cafes, restaurants, coffee clubs, betel shops etc., in cities induces one to give up drinking plain cool water and have recourse to sipping hot tea or coffee or aerated waters, sweetened or iced, in season and out of season at all hours of the day and night and I have seen men taking the same even at meals. Thus the civilised man unfortunately drinks plain water very sparingly. He prefers coffee, tea, beer, wine or spirit or at least sweet drinks. The old habit of offering pure water, hot or cold, or a cup of pure buttermilk or milk to guests visiting a friend's house for a chat is gone everywhere. One could get rid of the effects of tobacco poisoning by waiting for three days, but not so the poisons working in his system by habitually drinking tea, coffee or alcohol. Coffee drinking affects the heart and whereas drinking alcohol upsets the lives. The evil effects on the stomach by drinking tea for a number of years are permanent. A glass of cold water in the summer or hot in winter taken by every one the first thing in the morning as well as at bed time, helps to preserve life long and healthy.



Drunkards are slaves to Satan.

Humour.-- There is nothing like humour to relieve mental fatigue. Humour " is the gift of seizing the opportunity to say the right thing at the right time in the right way to the right person ". Boredom often leads to mental fatigue and some new interest dissipates it. Reading is often the best soothing remedy. In cities art and music dispel fatigue. Often an hour's play at cards, chess and other indoor or outdoor games relieves the jaded feeling. Sometimes mere gup and gossip, fun and frolic with suitable companions resulting in hilarious laughter relieve and relax

both the mind and body excellently well.

Religion.—Religion is another that tones and soothes the mind. Nothing acts so well on the tired and fatigued as the spiritual consolation of religion. Religion inplies a sacrifice and a service to others. "It stimulates the higest attribute of man's mind-namely the spirit of love and reverence.

In cities after doing a hard day's monotonous stereotyped work it is better to spend an hour or two in walking and talking with friends in open spaces such as parks or seashore or join a club and spend sometime in gup and gossip with others or at play indoor or outdoor games or attend music or Radio or go to a temple or cultivate some other hobby besides the legitimate, routine, bread earning profession.

Milk

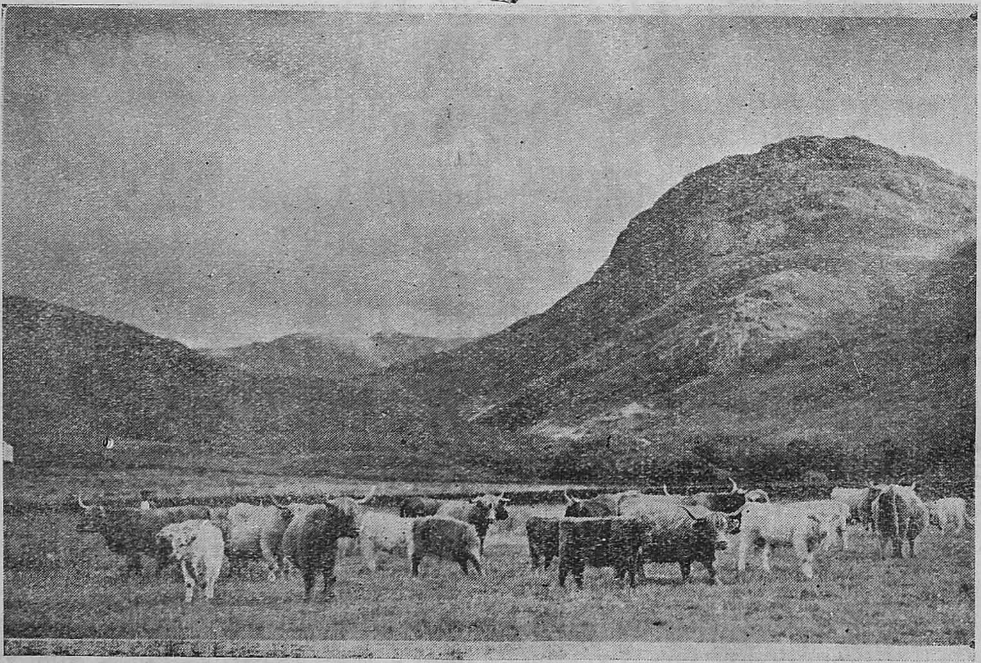
By

SANTSARAN MEHTA, M.SC.,

Dayalbagh (Agra).

MILK is an important item of diet for which there is no adequate substitute. It is essential for old and young alike. A clean supply of milk is thus the crying need of the day.

The nutritional perfection of this product causes it to be a very perishable article, susceptible to deterioration by growth of micro-organism. The danger of germs—"The Myriad Tiny Enemies of Man" lurking in milk and spreading infectious diseases is causing a great deal of concern to the medical world. Investigations are being made in western countries to discover any impurities and to exterminate the

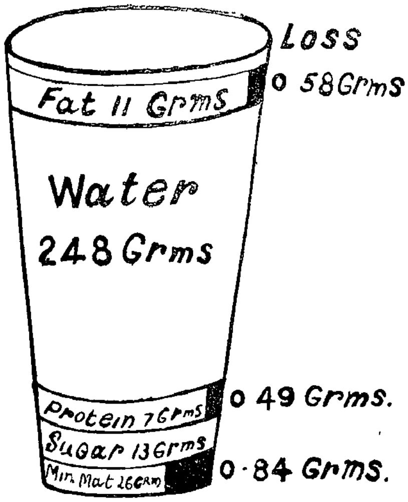


Scottish Highland Pastures near Kyle of Lochalsh, Boesshire.
Cows grazing under hygienic conditions are free from disease.

germs before the articles of diet reach the consumer.

It is thus evident, that, to ensure a satisfactory milk supply only clean milk produced under strict hygienic conditions should be used for human consumption. Two types of bacteria occur in milk—Pathogenic and Non-pathogenic. The former are responsible for diseases like Typhoid, Scarlet fever and Septic sore throat. The latter find their way into the milk from soil and hay.

All types of organism can be destroyed by " Sterilisation " at high temperature but the use of high temperature renders the milk unpalatable. It is thus evident that to produce safe and palatable milk some less drastic operation is necessary. This is provided by " Pasteurisation ".



Composition of Milk.

Pasteurisation is a process in which milk is heated for a temperature of 145° F, held at this temperature for 30 minutes and then suddenly chilled. The heating of milk for 30 minutes at this temperature efficiently kills the pathogenic organism and thus minimises the high rate of infant mortality due to tuberculosis, typhoid etc. This treatment is further characterised by the fact that there is no appreciable effect on the constituents of milk *e.g.*, Proteids, Fat, Vitamins and Carbohydrates. Pasteurised milk still contains non-pathogenic bacteria but their number is enormously less than in raw milk. For this reason the milk ought to be chilled immediately after the heating operation, stored in clean containers and kept cool in cold storage till required for consumption.

To-day the milk in most upto-date dairies goes through this process before it is handed over to the customer. The oft repeated slogan " Drink more milk and keep the doctor away" ought to be modified in the light of modern researches to " Drink more pasteurised milk and keep the doctor away."

JAPAN

" All the 4,800 employees of the Japan Rubber Company are total abstainers. This gives them increased efficiency and they are able to provide articles more cheaply. Another indication of the increasing Temperance among Japanese workers is to be found in the fact that the largest coal mine in the country has its own Temperance Society with 3,800 members—sixty per cent of the workers employed there.—INDIAN TEMPERANCE NEWS.

Acid Fruits

By

DR. BROJENDRA CHANDRA BHATTACHARYYA, S.A.S.

Sararchar Charitable Dispensary, P. O. Sararchar, Dt. Mymensingh, Bengal.

IT is a well known fact that fruit juices are very useful for the preservation of health, but there are fruits which are acid; these sometimes do harm. Though various fruits are rich in vitamins which are essentially necessary for the maintenance of good health the acid quality of acid fruits are injurious in that "Acids of the acid fruits decalcify blood" *i.e.*, blood is robbed of its calcium content. If blood becomes poor in calcium various diseases are liable to occur in the system. Thus if acid fruits are administered in measles, whooping cough, influenza etc., which are the forerunners of tuberculosis, the probability of the sufferers from these diseases being attacked with tuberculosis is great, as decalcified blood is a favourable condition for the growth of tuberculous bacillus. We know that T. B. is carried with the dust; and we are frequently exposed to such atmosphere.

When a person is attacked with tuberculosis one point of rational treatment is to calcify the patients' blood; for this reason injection of calcium chloride solution, intake of calcium chloride or lactas and kalzana and similar other medicines are resorted to.

Calcification of blood is also necessary for the healing of ulcers. For this reason the patients suffering from abscess, boil, carbuncle, ulcer etc., are not allowed acid fruits. A case of fever, too, is not generally allowed acid fruits.

Infantile diarrhœa, rickets, urticaria and many other diseases due to deficiency of calcium content of blood require calcification, and acid fruits are not permissible. Pregnant women, nursing mothers should not take acid fruits, because they require more calcium in their system for the development of the foetus and child.

Those pregnant females who indulge in acid fruits deliver rickety children and if they are not rickety, their dentition and closing of fontanalles are delayed; the children of such mothers learn to walk late.

So let me conclude by saying that fruits are good food articles but acid ones are not so.

"*Nature is the oldest-established manufacturer of health-salts and has no connection with any other matter. Her salts are really health-salts. Nature's health salts are in* Fruits and Vegetables"—*Robert Wickham in* HEALTH FOR ALL.

Simple Talks to Mothers·

Weaning

THERE are various changes which take place in a baby's life which are of importance and one of the most important is the time of weaning. When a baby is weaned he is no longer dependant on his mother for his food. He has to get accustomed to take and to digest other foods quite different from milk. It is for this reason important that weaning should be carried out *slowly*. It is not fair to the infant suddenly to cut off the breast milk and give him a substitute. His digestion is likely to be upset by doing so and his weight will probably decrease. If weaning is carried out slowly the baby scarcely knows it is being done. The mother also suffers from no discomfort from her breasts such as happens in sudden weaning.

The other important thing to remember about weaning is that it should be begun early. By this I do not mean that the baby should leave off breast milk at an early age. What is required is that he should get accustomed to taking new kinds of food and a new method of taking food before he is too old. If we wait till the baby is older than nine months he is much more apt to refuse the new food both because he does not like it and because he does not like the way it is given!

How exactly is the weaning to be carried out and what are the first foods to be given to the baby?

Let us suppose that the baby is being fed every four hours regularly as he ought to be. At one of the feeds, say ten in the morning or two in the afternoon, give the baby some form of cereal, or starchy food. One of the cheapest, most nutritious, and easily prepared foods is *suji*. Two teaspoonfuls of *suji*, 4 ozs. of milk (2 *chitacks*) and 4 ozs. of water. Mix them together and boil gently for 10 minutes. Add a teaspoonful of sugar. This should be given to the baby with a spoon. A well brought up baby will already be accustomed to a spoon through having been given water in this way. At first the baby will perhaps not take very much food in this way. This does not matter. Repeat the process every day and he will soon get accustomed to it. After he has taken what he can let him have a short drink of breast milk. This should be begun when the baby is seven months old. At that age he will not seriously object to it and will learn to take the new food. If the mother waits till the baby is eleven or tweleve months old, then the probability is that he will push the food away and refuse absolutely to take anything except the breast. I am sure there are many mothers who have had this experience. Another thing the baby should be given at this age is something hard to chew. This helps in the development of his jaws and teeth. Biting on a hard biscuit brings blood to the jaws and therefore to the teeth and blood carries in it the substances which the teeth need for their growth. Such hard biscuits can be bought everywhere, a little butter can be spread on the biscuit. Remember to watch the baby when you give him the

biscuit as he may get too big a piece in his mouth at first and choke on it. He will probably not swallow much at first, but that does not matter. We are giving him the biscuit to exercise his jaws rather than to feed him.

When the baby is nine months old we can begin other foods. By this time the baby needs more than his mother can give him. He may still have breast milk, but he must have other things as well. This is the important thing to remember. In some circumstances the baby may continue to have breast milk till 15 months, provided he gets other foods in addition. If the mother cannot afford to buy good milk, she had much better continue to give the baby her own milk. If the baby is small and delicate, his own mother's milk may be better for him. If the weather is very hot and damp, it may be better to wait before putting the baby on to cow's milk. If the mother can afford cow's milk; if the baby is healthy and normal in size, and the weather suitable, the baby should be completely weaned, that is, no longer be getting breast milk, by the time he is one year old. One feed of breast milk can be replaced by cow's milk at intervals of one week.

What are the other foods the baby may have after nine months? First there are other cereals, cooked in half milk and half water. Such are rice, sago and cornflour, as *ragi* and *cholam*, and barley (*juar*). There is no need to buy expensive tinned foods. These foods contain principally starch, or heat producing elements. Secondly there are the foods which contain body building elements. These are found in *dal* and eggs and fish. *Dals* can be used by vegetarians. They should be well cooked and put through a sieve at first. Lightly boiled eggs and fish are good for those who are not vegetarians. Give each new food in a small quantity at first and watch the effect on the digestion carefully. Thirdly salts and vitamins are needed by the growing child. He can get these in the form of vegetables and fruits. Vegetables should be boiled and sieved or else given as soup in the water in which they are boiled to which a little milk can be added. Fruits which can be given are orange juice, pomegranate juice, grape juice, apple (raw). The last is very good for biting and cleanses the teeth. Another way of supplying salts is to give soup made from bones. They must be boiled for several hours.

The child must receive cow's or human milk at least half a *seer* a day even while getting these new foods. As an example we will give the diet of a baby of nine months and one of twelve months for a day.

NINE MONTHS.

6 a.m.—Breast milk.
9 ,, Orange juice.
10 ,, Suji. Cow's milk 4 oz. or Breast.
2 p.m.—Breast Milk.
6 ,, Biscuit with butter. Cow's milk 8 oz. or Breast.
10 ,, Breast.

TWELVE MONTHS.

6 a.m.—Milk 8 oz. or Breast milk, Biscuit or toast with butter.
10 ,, Cereal cooked in milk. Milk to drink 4 oz.
2 p.m.—Fish or egg, or *dal* and rice with vegetables. Fruit juice or apple. Water to drink.
6 ,, Biscuit and butter or bread and butter, milk 8 oz.

If there is any doubt about feeding, go for advice to the nearest welfare centre!

The changes involved in weaning are significant to the baby not only from the point of view of the needs of his body but also because they concern his character. Weaning begins the slow process of separation of the child from the mother which is completed when he is grown up and marries and has his own home. There is still love between the mother and child, but the child must become an independent being and if the mother, through indulgence and mistaken affection, continues the child's dependence on her unduly, she is doing a wrong to his character. If he learns independence young, he learns it easily and it has a marked effect on his later life.—*The Red Cross.*

Bus Riding for Health

By

HENRY WHARTON

THE bus lines have seriously diminished the passenger traffic of the railroads. Lower fares are the chief reason; more frequent service and ability to stop at any point along the route are others. My own experience adds considerations of health and pleasure.

Many people find that a long journey by rail clogs the intestines and brings a feeling of stuffiness. The ventilation is likely to be indifferent, especially at night. An attractive menu in the dining car tempts one to eat beyond the requirements of inactive days. Sleep is seldom so good as usual and is often much disturbed. A few minutes' walk in the fresh air at the stations is not sufficient exercise.

Even mountain scenery gets to be monotonous. You are rushed through the country at such a rate that the impressions are blurred. Besides, the eyes tire with reading or watching the fleeting panorama through the windows. And so most of us are heartily glad when the journey is over.

But a long bus ride is different, as I found in a sixteen-hundred mile trip north from South Florida. I spent each night at a hotel. Although the speed was often over fifty miles an hour, the view of the landscape never seemed too hurried nor did the eyes grow fatigued in viewing it. Even the broad level Everglades of Florida were not monotonous. The bird life, the tall grasses, the shrubs, the evergreen trees of many sorts and the picturesque villages of the Seminole Indians, made a pleasing succession of tropic pictures. Through the rich farm lands of Georgia, Tennessee, Kentucky and Ohio, there was always something interesting to look at.

Making Acquaintances:—There were rest stops every two hours or so, when you could stretch your legs and engage in chance conversation. Passengers in a bus are more friendly and sociable

than those on a train. Rooms in the country hotels could be had for a dollar a night or less. The beds were invariably excellent. At Atlanta, I had a good room with bath, radio and other modern conveniences for one dollar and a half.

I had no difficulty in getting a wholesome diet. I started out with some compact health foods that I carried in a paper carton which I could throw away when it was empty. Thus I did not sacrifice any space in my bags. I took a few protose sandwiches but not more than I could eat the first day, since the butter would soon become rancid. Whole wheat biscuit containing figs or raisins are not only delicious but offer nutrition in small bulk. They are superior to the white bread which is commonly served in restaurants. Bran biscuits are also beneficial and palatable.

My plan was to have a cold breakfast and supper in my room at the hotel, and a warm meal at noon. I have found both on trains and steamers an inclination to overeat when I sit down to three hot repasts a day. The menu always has many attractive dishes, and the leisure is conducive to long lingering over your plate. You are more likely to be abstemious if you have only one well-rounded, formal meal each day.

Following your bent.—Not that this plan meant any real sacrifice of pleasure to me. The breakfast and supper were always sources of great delight because I could indulge to the full my fondness for fruits and nuts. Many of us are so situated at home that we cannot eat as we prefer. We may wish to have a very limited bill of fare but the housewife and other members of the family like considerable variety. Hence the table is always covered with a choice array of vegetables, salads, desserts and so on. One cannot argue about this continually nor refuse to eat as the others do. It is not agreeable to the housewife to have the dishes constantly rejected on which she spends her time and skill. So a good many of us devour pies, puddings and other things which we know we ought to shun.

My own preference is strongly for few articles at each meal, although this does not prevent variety from day to day. In the home or restaurant half of a grapefruit is considered an ample serving. The fruit is looked on as a sort of a condiment or tidbit. I like to eat all the grapefruit, oranges, apples, bananas and berries that my appetite calls for. Usually this is inconvenient, objectionable and expensive unless you are having a sort of picnic in your own room.

And so in my journey I reveled in oranges, grapefruit, apples and nuts for my morning and evening meals. To me it was far more agreeable, as well as more wholesome, than oatmeal, eggs and the like. I happened to mention this peculiarity to two friends of mine, both physicians, and each laughingly confessed the same preference. One said:

Preference for Simplicity.—"I wouldn't admit it publicly, but I am always glad to get away from home for a time occasionally so that I can live chiefly on peanuts and apples. I enjoy this diet and feel my best when restricting myself to it. When I have suggested such a thing at home, my good wife has

been shocked. She is a noted housekeeper and takes just pride in her cookery. A husband who at most meals merely munched nuts and chewed apples would be a dreadful misfit in her establishment. Her best efforts in the kitchen for me and the children would be wasted. So when I am at home I go through the elaborate routine of the rest of the family. But it is ever a treat to revert to primitive conditions for a time and eat just what I want. Perhaps I should want a change if I tried this for long."

The other physician likes a breakfast simply of baked apple and cream. He can have this when he travels but at home must eat more extensively so as not to offened and alarm his wife. Many women especially of the older generation, think a man will waste away unless he is fed heavily three times a day. Yet when on a reducing diet, these same creatures will subsist on exactly one-third as much.

Convenient Menus—People often say to a vegetarian: "Dont you have trouble about your diet when you travel?"

Not at all. I was surprised at the number of restaurants which advertised vegeterian meals. These usually consisted of four or five vegetables, often with an egg for protein. Lettuce was always procurable. I generally had a glass of milk with my noon meal. The check was ordinarily twenty five or thirty five cents; if I wished dessert, that was extra.

So my diet instead of involving difficulties, was a source of great delight. I could not help feeling sorry for my fellow travelers who felt they had to have meat and coffee three times a day and who at every rest stop must needs light a cigaret. It seemed a pity they could not realize that Nature is a kind mother, and has given us such an abundance of wholesome pleasures that there is no need to resort to those which are injurious. I do not believe that any of them except the young had that sense of well-being and buoyancy which comes from leading such a life as mine.

My most surprising discovery about the journey was that the vibration of the rumbling bus is a sort of beneficial massage. The gentle swaying motion was quite agreeable, much more so than that one experiences in the back seat of an ordinary automobile. The result was a wonderful stimulation of the circulation and a gentle, continuous stirring of both the internal viscera and the muscles. The bowels functioned perfectly, which helped to cause an extraordinary sense of well-being.

The buses are adequately ventilated so that you are really in the open air continually. At night one is weary enough to sleep soundly. Two evenings I fell asleep before I could undress. When I reached home after the end of five days, I felt myself in abounding perfect health.

Of course the trip took twice as long as by train. But as I regarded it the most beneficial part of my holiday, I did not consider the extra time as lost. The railroad fare was fifty dollors, that by bus was thirty-two dollars. The expense of Pullman accommodations and meals in the diner would have been greater than the cost of my food and lodging. The cost of these need not be as much as two dollars a day:—*Good Health.* (*U. S. A.*)

Humidity and Health

By

H. C. Menkel, M.D.,

Humidity is but another name for water when it is in a gaseous state and forms a part of the atmosphere. The earth's atmosphere is made up of several gases, only one of which is not staple. Oxygen and nitrogen are always present in about the same proportion, but water vapour is variable. In the Sahara Desert the humidity is but 20 per cent whereas in other places it rises to saturation point.

This atmosphere moisture is derived by evaporation of water from oceans, lakes, rivers, and any collections of water on the earth. It has been estimated that during every second of the twenty-four hours 16,000,000 tons of water are precipitated upon the earth. It is by this constant cycle of evaporation, condensation, and precipitation that the atmosphere is kept moist and favourable to life.

Perhaps very few have given a second's thought to the relation between atmospheric moisture and their state of health; yet there is a constant and essential relationship.

Our body tissues are water born creatures, they thrive only when literally kept under water. Sixty-five to seventy per cent of the physical body is water. It is in this body of water that we live. The water budget must be kept balanced.

Every twenty-four hours we lose on an average about forty-five ounces of water through the kidneys ; another sixteen ounces from exhalation, and from sixteen to eighty ounces by perspiration. Approximately ninety to one hundred ounces of water are lost daily. The process of replacement is about twenty-four ounces as part of the food we eat ; six ounces by inspiration with the air breathed ; the remaining sixty to seventy ounces must be supplied by drinking.

The six ounces we receive by inspiration is essential just where it is, as its presence so conditions the air as to make it compatible for life, a near normal humidity is of utmost importance. The ideal atmospheric conditions, are temperature of sixty-eight to seventy and a relative humidity of fifty to sixty per cent.

The breathing of dry air in home, office or other places of gathering produces throat and bronchial troubles, rendering these tissues susceptible to air born infections. The throat and lung tissues require a well moistened air, otherwise they are out of their normal water environment, and like a fish out of water they die.

During hot weather it is advisable to keep large vessels of water in living rooms and offices. A room ten feet square needs almost a gallon and a half of water each twenty-four hours. This suggests the need for quite sizable water vessels in attempting to supply needed humidity for our respiratory tissue. — *The Oriental Watchman.*

Vegetable Milk

Artificial milks prepared from almonds, coconuts and soybeans have proved to be of practical importance in dietetic and nutritional therapy, especially of infants. In some infants there is an idiosyncrasy to cows' milk or its and used. Its use in the treatment of

sons. In these cases vegetable milks may be used with great advantage, as described by Klein (*Archives of Pediatrics*, March, 1933).

A considerable study of vegetable milk particularly that made from nuts, was carried out by Fischer, who recommended its use in the treatment of milk allergy, disturbances of gastric secretion and motility, disease of the kidneys, conditions associated with dropsy and requiring a salt-free diet, intestinal putrefaction and diabetes.

Almond milk has long been known and used. Its use in the treatment of ulcer of the stomach was first recommended by Senator. Patients kept on almond milk alone usually maintain their equilibrium of metabolism and frequently gain in weight.

Coconut milk has also been found to have medicinal and nutritive value in the treatment of nutritional disturbances in infancy.

Excellent results have also been reported from the use of soybean milk made from sobee, a light brown flour made from the soybean. Infants take this food, well, digest it and thrive on it.—*W*:—*Good Health.* (*U. S. A.*)

Health Tit-Bits

Dangers of Drink in India.—Sir Leonard Rogers, formerly Professor of Pathology at the Medical College, Calcutta, is regarded as one of the greatest living authorities on Alcohol in the Tropics. In speaking on this subject at the International Congress on Alcoholism he drew largely upon his Indian experience. When he first went to India he was told by some of his professional colleagues that if he did not take whiskey or wine he would die within a year. But he had survived most of those who made that prediction. He showed that the taking of alcohol was even more dangerous in hot climates than in a temperate zone. The mortality from heat stroke was higher among drinkers than in the case of abstainers. He told how the ravages of cholera had been reduced in Calcutta without recourse to a single drop of alcohol. Experience had taught him that diseases of the liver were largely due to the drinking habit among Indians as well as among Europeans. The greatest curse among their countrymen in India was the social custom of giving drinks. He had never understood why one could not speak to a friend without standing him a drink. This habit had done more harm in India than most people realised. — *The Indian Temperance News.*

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The Papaya.—The papaya possesses extraordinary nutritive values. It is richer in Vitamins than almost any other fruit known. It is particularly notable for its richness in Vitamin A, one of the most important of all the vitamins, the chief sources of which are dairy products and greens.

The papaya contains half as much Vitamin A as does butter. It is also furnished with Vitamins B, C and D.

These are the Vitamins most essential for good nutrition.

There are very few fruits which contain so fine an assortment of Vitamins as does the papaya. Its general introduction and liberal use throughout the country will surely have a lowering effect on the death-rate.

The free use of the papaya by children would undoubtedly result in an increase in the stature in the next generation, and a notable generation, and a notable increase in the number of centenarians.—*C. M. G.*

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First Aid in Electrical Accidents.—Professor Jellinek formulates the following instructions for rescue of a person who has met with an electrical accident. High tension (over 1000 volts) accidents are always accompanied by light and flame whilst low tension ones are still and dark. When high tension accidents occur, rescue should be attempted by a specialist or a person familiar with electrical apparatus. If fire and flame does not appear as occurs in low tension cases there is no danger in touching the victim provided the rescuer insulates himself either by standing on dry paper, cloth, or glass board and very safely and simply by kneeling on a wooden chair shoved toward the victim. If the victim cannot be detached from the wire by pulling on his clothes the cramped hand must be opened finger by finger and dry paper or cloth shoved between fingers and the wire. If release can be accomplished by turning off the electrical current, or plug out of the socket, or the fuse, take care the victim does not fall when released. If the victim is unconscious look for his respiration. If there is no breathing artificial respiration should be resorted to at once. The tongue should be pulled out and an examination of the mouth and pharyngeal cavity made for any obstruction. Artificial respiration should not be measured by the clock but till death takes place. The physician comes to the rescue with a lumbar puncture, blood letting, injection of medications, infusion of sugar solution and heart stimulants. (Ars Medici, p. 406, September 1934.)—*Current Medical Literature.*

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Keep Calm.—When one worries, gets angry, or is frightened, the suprarenal capsules of the kidneys pour into the blood a highly stimulating substance which in excessive doses produces highly toxic effects, one of which is contraction of the blood vessels, which may cut off the blood supply of some part and so cause its death. It is believed that this is a cause of peptic ulcer in some cases.

A speculator suffered from ulcer of the duodenum. His physician observed that he had a relapse whenever there was an adverse change in the stock market.—*Good Health.* (*U. S. A.*)

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Ten Rules for Bathers.

1. Do not take an immersion or full bath within two hours after eating. Blood would then be diverted from the internal organs, where it is needed in the process of digestion.

2. Take a warm soap bath for cleansing purposes at least three times a week. Remain in the bath for from fifteen to twenty minutes; use plenty of good soap, and scrub vigorously. Follow by a cool shower and quick rub.

3. Extremely hot baths should not be taken without medical advice and supervision.

4. If the skin is naturally dry and easily irritated, use very bland soap, and do not soak too long. Do not use very hot water. Powder the body lightly, or rub on a little neutral oil after the bath.

5. Aged persons need fewer baths, and should be careful about extremes of temperature.

6. Neutral baths are best taken at night. Allow plenty of time; twenty to thirty minutes are necessary to relax the body and induce sleep.

7. Take cold baths quickly in a warm room. They can be used to advantage daily by all those who react well. A good reaction leaves the skin warm and glowing, and the individual refreshed and invigorated.

8. Bathe more frequently in hot weather, as the glands are then more active and more waste products deposited on the skin.

9. Air baths are refreshing, and train the heat regulating mechanism of the skin.

10. Always use individual flannels and towels, and change these frequently.—*Good Health (London).*

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Child Protection in India—New Act for Hyderabad—The Nizam of Hyderabad has recently signified his assent to a Child Protection Act which applies to the city of Hyderabad and its suburbs and to all other towns in the State having a population of 5,000 or more, or which are specially notified by the authorities.

Among other provisions, the Act forbids the employment of children under seven years of age and requires —in the case of children between seven and twelve—that notice of the beginning and termination of the employment be given to the proper authorities within two weeks. A penalty of five years' imprisonment is imposed on persons found guilty of ill-treating children under sixteen who are in their custody.—*World's Children.*

* * *

The Worker's sad Plight—The "three R's," Rent, Rates and Rail (or bus, for travelling to or from work) should not exceed one-fifth of the family income, according to Sir Francis Freemantle, M.P. True as this principle is in theory, it is very rarely put into practice, and the relation between high rents and poor nutrition is exercising many medical officers of health. Dr. D. J. Thomas, medical officer of health of Acton, finds that there are many workers earning a good wage which should be sufficient to support them and their families, but who are actually forced below the poverty line because of excessive rents. He castigates the "unscrupulous landlord"—and his often more unscrupulous agent — with great severity. Shameful overcharging, he says, is general in his district, and the rents asked in a great many cases cannot be paid except at the cost of the nutrition of the tenants' families. He cites an instance of a controlled house rented at 8 s. per week and sub-let to produce over £ 3 per week.—*Mother and Child.*

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Tired Eyes.—When wearied by overwork or irritated by contact with tobacco smoke or by exposure to bright

sunlight or harsh winds, the eyes become congested and the eyelids and even the eyeballs are reddened by the dilatation of the blood vessels with stagnating blood. The lids feel heavy and the eyes tired and a smarting, burning sensation is sometimes experienced. Prompt relief may often be obtained by bathing the eyes with very hot water. Pledgets of cotton or a bit of folded soft cheesecloth may be dipped in hot water and applied to the eyelids by brief touching. Continue the application for two or three minutes and then apply cool or cold water. Relief is almost immediate and the eyes will not only feel greatly refreshed but will be brightened in appearance. It is also useful to bathe the eyes with soft water containing a teaspoonful of salt to the pint, or with a few drops of a saturated solution of boracic acid, after applying hot water. —*Good Health (U. S. A.)*

Book Reviews

The Truth—*By Dr. J. Abraham Glickman*, M.D., Published by Cristopher Publishing, House, Boston, Price $, 1.50.

In these days of civilization and advancement, sex instruction is taboo to youngsters of both sexes with the result that in their prime of life and hey-dey of enjoyment of the fruits of life, they become not only an easy prey to venereal diseases but also become physical, moral and intellectual wrecks for life. This book is intended to impart the necessary instruction to such youngsters in as intelligible a form as possible and warn them against the dangers and pit-falls of indiscriminate sex lapses and the incalculable harm done to their health, manners and morals by promiscuous intercourse. The book is written in dramatic form with a view to create interest among the readers and the style is lucid. The author has ventured to state the truth, the whole truth and nothing but the truth and the title of the book is therefore apt and appropriate. We heartily recommend the book to youngsters who are about to enter marital life and also to parents, who have neglected this important duty towards their children.

The Improvement of sight by Natural methods :—*By C. S. Price*, M. B. E., Published by Chapman and Hall Ltd., 11, Henrietta Street, London. W.C. 2. Price sh. 5/net.

This book is the outcome of the author's long experience and success in the application of the actual principles and practice of Eye sight training to his patients and is intended for those who may not be able to obtain his personal advice, to follow them with perfect safety. The book is not a criticism of the orthodox methods of treatment but only advocates certain natural methods by which eye troubles can be cured without having recourse to treatment, surgical or medicinal. It is replete with diagrams. The printing and get up are nice. We heartily commend it to our readers.